

Resources for Family, Friend & Neighbor Caregivers

In 2010, the Utah Office of Child Care surveyed relatives and friends who provide child care services. The following resources may be of interest to you based on the feedback we received.

For current community resources, always call Information & Referral at 211.

Activities for Kids

Web Site

What You'll Find

<http://education.com>

Education games, arts, and crafts from preschool to high school

<http://fun.familyeducation.com>

Thousands of fun ideas for all ages

<http://readyschool.org>

Provides activities, playgroups, resources, and ideas for kindergarten readiness
Calendar of daily activities statewide

Child Development

<http://utahfamily.com>

"No bored kids" calendar of daily activities statewide

<http://csefel.vanderbilt.edu>
(Center on the Social and Emotional
Foundations for Early Learning)

Practical tips, tools, and ideas to help develop skills and nurture children's social emotional development

<http://jobs.utah.gov/occ/occ2>
(Child Care Resource and Referral-locations
statewide)

Offers various child development courses, CPR, and First Aid classes
Information on how to become a licensed child care provider
Access Utah Early Learning Guidelines for Birth to Age 3

<http://preschool.uen.org> (Utah
Education Network)

Preschool pioneer online library and activities for preschoolers. Resources and tips for parents and caregivers.

<http://purplecrying.info>

Learn why infants cry and how to calm and protect infants

<http://www.zerotothree.org/early-care-education/family-friend-neighbor-care/family-friend-neighbor.html>

Find answers to questions about how to encourage positive growth and development of babies and toddlers



Child Health & Safety

Web Site

What You'll Find

<http://cpsc.gov>
(U.S. Consumer Product Safety Commission)

Recent recalls, product safety news, and safety tips; "KIDD Safety" website especially for kids

<http://intermountainhealthcare.org/hospitals/primarychildrens/childhealth>

Primary Children's Medical Center offers Family and Friends CPR classes, Child Health Resources, and safety tips

<http://kidshealth.org>

Practical information and ideas for kids, teens, and adults

<http://nichd.nih.gov>
(National Institute of Child Health and Human Development)

A to Z health and human development topics
Learn about Sudden Infant Death Syndrome (SIDS) and simple ways to prevent it. (nichd.nih.gov/sids)

<http://redcross.org>

Check schedule for First Aid and/or CPR Training classes. Prices vary.

<http://safekidsutah.org>

Resources on how to prevent injuries
Find educational workshops and other events near you

<http://uuhs.utah.edu/poison/>
(Poison Control Center)

For emergencies, call 1-800-222-1222 • Poison prevention tips and education for caregivers and children

Community Support

<http://211ut.org>

or call Information & Referral at 211 for resources in your area

<http://cssutah.org>
in SL County (Grandfamilies Program)

Support groups and classes on various topics including legal rights

<http://extension.usu.edu> (Utah State University Extension offices are statewide)

Statewide event calendar. Information on a variety of topics. Find a class near you.

<http://health.utah.gov>

News releases, statewide programs and services offered

<http://jobs.utah.gov>
(Department of Workforce Services)

Help with medical, food assistance, employment, child care, and other services

<http://cssutah.org/utah-parents-as-teachers>
(Utah Parents as Teachers)

Parenting tips, kindergarten readiness, and parenting resource network

Food & Nutrition

<http://fruitsandveggiesmorematters.org>

Involve children in healthy cooking with kid friendly recipes

<http://kidshealth.org/kid/recipes/index.html>

Includes recipes for children with special dietary needs

<http://schools.utah.gov/cnp>
(Child Nutrition Program-Check web site for sponsor contact list)

Receive cash reimbursement for meals, training, and ideas on how to provide nutritious meals